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What's the payoff?

If you lower your chances of getting type 2 diabetes you will also:

- ★ Get more energy. More energy means more FUN!
- ★ Stay healthy.

It's not always easy to be active and eat healthy foods when others seem to eat whatever they want. Do the best you can and know that it will make a difference in your life.

Is research being done about this problem?

Yes, people are looking for ways to help prevent and manage type 2 diabetes in kids.

The **SEARCH for Diabetes in Youth Study** will find out how many kids are likely to get type 2 diabetes and why it develops.
www.searchfordiabetes.org/

The **TODAY Trial** will find out the best ways to treat type 2 diabetes in kids and teens.
<http://www.todaystudy.org>



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention

Think Balance —
in food,
in being active,
in all you do!

How can I learn more?

Find out more from these contacts.

National Association for Health and Fitness
(317) 955-0957 • www.physicalfitness.org

VERB
The VERB program makes it cool and fun for kids your age to be active every day.
• www.verbnow.com/

President's Council on Physical Fitness and Sports
(202) 690-9000 • www.fitness.gov

American Dietetic Association
To find a dietitian near you: 1-800-366-1655
• www.eatright.org

KidShape® Foundation
A weight management program for kids and their families: • www.kidshape.com

WIN – Weight Information Network
For weight control help:
• www.nidk.nih.gov/health/nutrit/win.htm



Lower your chances of getting type 2 diabetes

Kids sometimes get type 2 diabetes. If you are at risk for type 2 diabetes, there is a lot you can do to lower your chances of getting it. These tips will help you lower your risk, and they are good for ALL kids.

What makes you get type 2 diabetes?

Kids with type 2 diabetes often

- ★ are overweight,
- ★ are not active enough,
- ★ have a mom or dad or other close relative who has type 2 diabetes,
- ★ are more likely to be from African American, Hispanic or Latino American, American Indian, Asian American or Pacific Islander families, though other kids get it, too, or
- ★ have thick, dark skin on the neck or under the arms.



What is type 2 diabetes?

Diabetes means that blood sugar, or glucose (GLOO-kos), is too high. Glucose comes from the food we eat and also is made in our liver and muscles. After several years, if it is not controlled, the high blood glucose can damage the heart, eyes, kidneys, and nerves.

Type 2 diabetes used to occur just in adults, but more and more kids are getting type 2 diabetes because they are overweight and not active enough. If you have diabetes, you can learn how to manage it and stay healthy.

What are the warning signs of type 2 diabetes?

Some kids don't notice any warning signs. They find out they have diabetes when they go to their doctor for a check-up.

If you have type 2 diabetes, you might

- ★ urinate a lot,
- ★ have lost weight without reason,
- ★ be very thirsty,
- ★ feel tired,
- ★ have blurry eye sight.



What can I do to lower my chances of getting type 2 diabetes?

Be more active and eat the right amounts of healthy foods. That will help you lose weight and lower your chances of getting type 2 diabetes. If you are overweight, check with your doctor before you start an activity program.

Here's what you can do to be more active

- ★ Get up and play hard for at least 30 to 60 minutes a day. There are lots of ways to be active. Walk fast, ride a bike, dance fast, play ball, or shoot baskets. You choose!!
- ★ Set small goals to start. Don't get upset if you can't do a lot or if you get out of breath at first. Keep trying. Any amount of activity will help. Add a little more each week.
- ★ Sign up for sports and physical education classes. If you're in middle or high school, try the marching band, or drill or dance teams.
- ★ Cut your TV, video, and screen game time to no more than 1 hour a day. Be more active in the time you gain.

You don't have to play a sport or go to a gym to be more active. There are lots of things you can do at

home and during the day. Use the Activity Guide below for more ideas.

Here's what you can do to eat well and get to a healthy weight.

If you eat more food than your body uses, you will gain weight. If you want to lose some weight, you need to eat less each day and be more active. Here are some ways to succeed.

How can you cut some calories?

The number of calories in a food shows how much energy you can get from it. To lose weight (about one pound a week), you need to eat about 200 to 300 calories less than usual each day. Here are some simple ways to cut calories:

- ★ Drink water instead of a 20-ounce soda or juice drink. You can cut about 250 calories!
- ★ Eat a small serving of french fries, or share a big one—and cut about 250 calories!
- ★ Eat a piece of fresh fruit (apple, orange, or banana) instead of a candy bar or a bag of chips. You will cut about 200 calories! Also, you won't feel as hungry if you have to chew foods, such as crunchy fruits.

What are some healthy eating tips you can try?

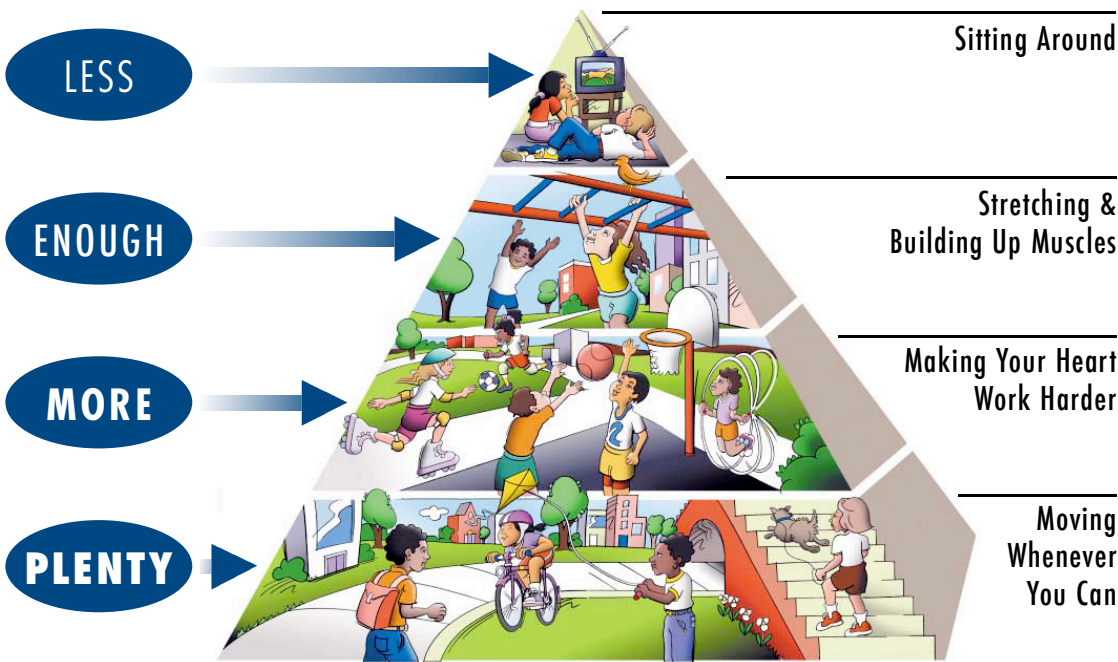
- ★ Take your time when you eat. Wait 15 minutes before eating second helpings. It takes about that time for your stomach to tell your head that you are full!
- ★ Eat the right amounts of food. A portion usually fits in your palm or is the size of your fist.
- ★ Don't skip meals. For breakfast, try a couple of slices of whole grain toast with a tablespoon of peanut butter, or a hard-boiled egg, or a piece of low-fat cheese.
- ★ Pack a lunch of healthy foods. Make a sandwich with lean turkey or beef. Use mustard or a little "lite" mayonnaise. Add fruit instead of chips.

- ★ Choose healthy snacks such as a small bowl of cereal with low-fat milk or a piece of fruit.
- ★ When eating out, order kid-sized meals and drink water, low-fat milk, or diet soda.
- ★ Fill up half of your plate with salad or vegetables. Use small amounts of butter, margarine, or salad dressing.
- ★ Ask if you can help plan or make family meals sometimes.

What should you eat?

Use the Healthy Food Guide below to make healthy choices. Serving sizes vary for different foods but these will give you an idea of the right amounts for most young people.

Your Activity Guide



Source: USDA www.fns.usda.gov/tn

Your Healthy Food Guide

<p>Vegetables</p>	<p>One serving equals</p> <ul style="list-style-type: none">• 1/2 cup cooked• 1 cup raw <p>How many servings? 4 to 5 a day</p>	<p>Milk, Yogurt, and Cheese</p>	<p>One serving equals</p> <ul style="list-style-type: none">• 1 cup low-fat milk or yogurt• 2 slices low-fat cheese <p>How many servings? 2 to 3 a day</p>
<p>One serving equals</p> <ul style="list-style-type: none">• 1 medium apple or orange• 1/2 cup chopped, cooked or canned fruit• 1/2 cup fruit juice• 1/4 cup dried fruit <p>How many servings? 3 to 4 a day</p>	<p>Fruits</p>	<p>One serving equals</p> <ul style="list-style-type: none">• 1 teaspoon vegetable oil• 1 teaspoon butter or tub margarine• 5 large olives or 1/8 avocado• 1 tablespoon "lite" mayonnaise or salad dressing• 1 to 2 tablespoons nuts <p>How many servings? You get most of the fat your body needs from other foods you eat—so choose only a few extra servings of these heart-healthy fats each day.</p>	<p>Heart-healthy Fats</p>
<p>One serving equals</p> <ul style="list-style-type: none">• 2 to 3 ounces meat, fish, or chicken• 1 egg• 2 tablespoons peanut butter	<p>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts</p>	<p>One serving equals</p> <ul style="list-style-type: none">• 1/3 cup cooked beans or peas such as kidney, white, split, or blackeye <p>How many servings? 2 to 3 a day</p>	
<p>If you choose to eat these foods, have a very small serving and not every day.</p>	<p>Soda Pop, Candy, Cookies, and Desserts</p>	<p>One serving equals</p> <ul style="list-style-type: none">• 1/2 cup of cooked cereal• 1/3 cup rice or pasta• 3/4 cup ready-to-eat cereal• 1 slice of whole grain bread• 1/2 bagel <p>How many servings? 6 or more a day</p>	<p>Breads, Cereals, Rice, and Pasta</p>